



Makara patapa / quit smoking

Podcast transcript

Introduction

The makara patapa program is a TAC initiative, as part of our holistic approach to health and wellbeing, supported by the Department of Health Tasmania.

Episode 10: Caroline Spotswood

Introduction:

Ya everyone. Nunami here, in 2022, I was asked to travel across Lutruwita and record our community stories of quitting smoking.

I heard so many great success stories of our people who managed to quit and got a good picture of why our people chose to quit, how they did it, and what supports they were able to access along the way.

This is the makara patapa podcast.

Caroline:

My name is Caroline and I'm really happy to be sharing my journey of non-smoking with the audience today.

I think that I had my first cigarette by my sister and our cousin. And I remember the smoke going down my throat and it was just horrible. You know when you have that first smoke going into your body and it's just terrible. [Age] 12 I reckon.

And so I started smoking, probably with peer group pressure when I was 15. Gee I loved it too. It was something that you did, and I was very dedicated to it and I think that I smoked for many, many years. Soon as I found out that I was pregnant I stopped smoking instantly, because the baby was more important and why I breast fed for 3 1/2 years, I didn't smoke.

Soon as the breastfeeding stopped, I just started up again. No nicotine, nothing in my body, but psychologically I was still a smoker. Would have been over 4 and 1/2 years without cigarette. So it must have been psychological.

Just went and stated smoking, just like going back to normal when I stopped smoking and I've never gone back.

I started getting sick of smoking. What I was doing was breaking the cigarette in half 'cause I felt that the cigarette that I was smoking was too long and so when I was putting it out, I was butting out like half a cigarette. And so I thought that was wasteful.

So, I'd break cigarette in half and smoke the other bit. And then I said, why am I doing this? And I must have been psychologically prepared. And I stopped smoking in 2004 and I haven't picked up a cigarette since.



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I think there's quite a few benefits. One is, is that I know that I'm going to live a longer life. Two is that when I'm walking, it's just the best thing. When I eat food, I'm eating food without any smells or anything like that. The benefits of that I don't smell like cigarettes. And my breath. It's really smelling someone in the supermarket standing behind a smoker is really sickening.

When I see someone smoking, I actually, I'm not discriminatory because a lot of our people smoke. So, you know, why would I do that? But I see them and I'm like oh God, that's a bit, you know, like how/so uncool, you know it's best not to smoke. I think it's so uncool to smoke. This just doesn't look good. Just doesn't look good. Not a good look.

If you use the excuse that this might cause is stressed out - that don't work. When you're stressed out, it could be work, could be a relationship, could be anything. You don't need to pick up a cigarette because it's not gonna work. It's still going to be stressed out. It's just an excuse. You can do other things. You're still going to go through that stress anyway. It's about how you're going to deal with that problem, solve that problem yourself to be less stressed, and cigarettes are not the answer.

Nunami Outro:

Ya Everyone, Nunami again - thanks for listening to the makara patapa podcast. A podcast series by the Tasmanian Aboriginal Center with support from Public Health Services Tasmania.